









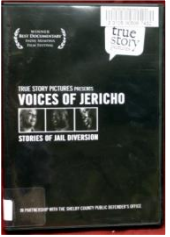


# GENERAL MENTAL HEALTH



	<p>AM I NORMAL? TEENS AND EMOTIONAL HEALTH</p>	<p>2008</p>	<p>GRADES 7-12</p>	<p>22 MIN</p>	<p>Today's students face an enormous range of emotional issues—worries about academic performance, anxiety about how peers view them, problems with parents and teachers, concern over physical appearance, and much more. Using a combination of real kids talking about their problems, two teen hosts plus an adolescent psychologist, the program explores coping with anxiety, dealing with anger and rage, and experiencing sadness or depression. A psychologist presents common problems and points out the differences between “normal” reactions to stressors and situations, and when it might be necessary to get help. Video also covers the basics of good mental health, emphasizing what to do when ordinary anxiety deepens, or when worries become too overwhelming to handle without intervention.</p>
	<p>COMING OUT: WHAT EVERY TEEN (GAY AND STRAIGHT) NEEDS TO KNOW</p>		<p>GRADES 7-COLLEGE</p>	<p>23 MIN</p>	<p>According to a recent national poll, approximately 5% of America's high school students (3 to 4 million students) identify themselves as lesbian or gay. "Coming out", or announcing one's sexual orientation and identity as lesbian, gay, bisexual or transgender (LGBT), can be an uncomfortable process for everyone—faculty, straight students and of course for the LGBT students themselves. This sensitive, informative video offers revealing portraits of real LGBT kids who have come out in schools across the country, as well as their straight allies and their teachers who have dealt with this issue. The program focuses on the psychological and legal issues of bullying and sexual harassment and stresses the importance of creating a safe, tolerant environment for all students, regardless of one's own personal beliefs or feelings.</p>
	<p>COMMON PSYCHOLOGICAL DISORDERS OF ADOLESCENCE</p>		<p>GRADES 7-COLLEGE</p>	<p>27 MIN</p>	<p>This reassuring video focuses on several real teens who are struggling with some of the most common psychological problems that occur in adolescence: anxiety disorders, depression, eating disorders, attention deficit hyperactivity disorder (ADHD) and substance abuse disorder. Are these disorders hereditary? How do they develop, and why? How common are they among teens? What can a person do to cope with them? This eye-opening program answers these questions and many others. The main points emphasized are that although psychological disorders can interfere with having a productive life, with persistence and guidance from a mental health professional, they can be overcome. The real teens featured in the program share their personal struggles and ultimately affirm that young people can successfully manage their psychological disorders.</p>

	COPING WITH AN EMOTIONAL CRISIS	2006	GRADES 5-9	25 MIN	Divorce, natural disasters, death of a loved one, terrorism, depression, navigating a difficult home life —these and other crises have a profound impact on the mental and physical health of young teens and create emotional trauma most are not equipped to deal with. This program features poignant interviews with real teens who share their experiences with emotional crises: Brianna, 15, leaves her friends and school in New Orleans after a devastating flood destroys the city, Cedric, 14, still deals with the fears created from believing his mother perished in the World Trade Center attacks; Alex, 12, has to deal with the sudden death of his stepfather in an airplane crash; Christiana, 13, still wonders if she's responsible for her parents divorce. Clinical physiologist Dr. Robin Goodman, a past consultant to the National Child Traumatic Stress Network, comments on these and other experiences using them to illustrate the different types of crises typical of middle school students, the stages of a crisis, and the resources and strategies that students can use to both cope with and eventually move past the crisis.
	HALLMARKS OF GOOD MENTAL HEALTH		GRADES 7-COLLEGE	16 MIN	This program helps viewers recognize the six key qualities that define good mental health in adolescence—having satisfying relationships, being happy with one's academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices and resisting unhealthy peer pressure. Having a strong sense of self-esteem is especially highlighted: if you do not feel good about yourself, you are more likely to limit yourself and make bad choices. Each of the hallmarks is clearly demonstrated by real teens in a variety of settings, including at school, at home and at play.
	HANDLING STRESS	2006	GRADES 9-12	30 MIN	Stress comes in many forms for teenagers, from exam anxiety to being the victim of bullying. Learn the best options for dealing with these situations.
	I CAN COMMUNICATE SERIES		GRADES 3-6	42 MIN	This three-part series relies upon familiar situations to teach young viewers many essential communication skills. Engaging vignettes demonstrate the importance of listening attentively, making eye contact, asking questions for clarification, and being respectful of others. The series also helps young viewers understand the importance of the non-verbal messages that we send through our body language and tone of voice. A wide range of age-appropriate tips are offered for how to become a better speaker and listener. Part 1, <i>Now That's Good Listening</i> ; Part 2, <i>Now That's Good Speaking</i> ; Part 3, <i>Communication Spoilers</i> .
	THE EMOTION COMMOTION SERIES		GRADES 3-6	41 MIN	Three live-action videos help young viewers understand what emotions are, why there is no such thing as a bad emotion, and how they can get a handle on strong feelings like anger, sadness, frustration and disappointment. Students will learn that powerful and upsetting emotions happen every day, from a soccer game defeat, to a sick pet, to forgetting homework, to a family emergency and more. These emotions require some basic coping strategies to help gain understanding and perspective. Age appropriate scenarios offer the message that kids can take control of their emotions and feel better about themselves. Part One – Angry? Sad? Feels Bad!; Part Two –When Worry and Fear Appear; Part Three – The Stress Mess.

	FOR THE CHILD: INFORMATION ON MENTAL HEALTH AND ADVOCACY FOR RESOURCE PARENTS (ENGLISH & SPANISH)	2007	ADULT	30 MIN	For the Child: Information on Mental Health and Advocacy for Resource Parents, hosted by Morgan Freeman, is our newest instructional DVD, and will help foster parents and kinship care providers: - Understand the most common children's mental health problems - Navigate the local mental health service delivery system - Develop alliances with birth parents, school systems, mental health providers & caseworkers - Feel increased comfort with seeking mental health services - Recognize the rights and responsibilities of foster children, birth parents, kinship providers, foster parents and caseworkers - Identify who to call, what to say, and where to go to obtain the right services - Be an effective advocate for the children in your care
	LEARNING TO LIKE YOURSELF	2006	GRADES 3-5	30 MIN	Learn how to accept yourself for the person that you are.
	MINDS ON THE EDGE: FACING MENTAL ILLNESS	2009	ADULT	57 MIN	The television program MINDS ON THE EDGE: Facing Mental Illness effectively illuminates challenging ethical issues as well as systemic flaws in program and policy design, service coordination, and resource allocation. These problems are contributing to a mental health system that is widely acknowledged to be broken. MINDS ON THE EDGE also provides a glimpse of innovative solutions that are currently being implemented across the country. These innovations, many shaped by the guidance and expertise of people with mental illness, offer promising solutions and hopeful direction to transform the mental health system.
	PRACTICAL STRATEGIES FOR TEACHING SOCIAL EMOTIONAL SKILLS	2007	YOUTH - ADULT	28 MIN	This video highlights strategies and approaches that early childhood personnel and families can use to systematically target social emotional supports that build young children's skills in a variety of areas including making friends, problem solving, asking an adult for help, talking about feelings, and managing their emotions.
	THE SPIRIT OF RECOVERY	2006	ADULT	91 MIN	'Spirit of Recovery' is an introduction to some of the topics that have been strikingly absent from the dialogue about mental health recovery. The DVD explores the many facets of recovery from mental illness, including working with difficult emotions, moving from denial to hope, distinguishing a spiritual experience from psychosis, following a spiritual path, and sharing insights about faith.
	VOICES OF JERICHO	2007	ADULT	12 MIN	This is a revealing short documentary that focuses on Memphis residents who are served by The Jericho Project, Shelby County's innovative jail diversion program for persons with serious mental illness and co-occurring disorders. The Jericho Project utilizes evidence-based strategies to help people with mental illness navigate from jail to community-based treatment and services. True Story Pictures has documented the experience of three individuals caught in the revolving door of the criminal justice system, and explores, from their point of view, what it is like for a person with mental illness to journey through the various stages of this system and toward recovery.